



KFRW Newsletter

November 2021

President's Message

On a Defend Florida Canvassing call, **Steve Maxwell**, co-founder of **County Citizens Defending Freedom** (CCDF), a professional nonprofit organization focused on local communities to provide the tools and support needed to empower citizens to defend their Constitutional rights, provided an update of their progress in Polk Co. Please [visit their site and watch the 4:39 and 4:47 minute videos](#) to be inspired. *What does CCDF believe?*

We believe in God, country, family, and freedom. **We believe** America is the greatest country in the history of mankind. **We believe** this happened because of the Judeo-Christian beliefs and value system that the Founding Fathers were influenced by when they created the Declaration of Independence, the Bill of Rights, the Constitution, and the Federalist Papers. **We believe** the U.S. Constitution is the most exceptional political document ever written. **We believe** there's still time to point our country back to the founding principles that made us great. **We believe** Capitalism is the most moral and proven economic system ever discovered. **We believe** socialism, Marxism, and communism have no place in America, and believe they certainly have no place in our local communities. **We believe** action at the local level can lead to change at the local level. **We believe** this idea can be replicated in counties all across America, and can lead to national change. **We believe** liberty and freedom come at a cost, and now it's our turn to take action. We believe that you have the ability to change the future trajectory of your county, for you, your children, and your grandchildren. **We believe** that you're not alone in your love of our country, our values, and our freedom. **And we believe "We the People" will prevail.**

What do you believe? Do you agree with the beliefs laid out above? Do you agree that now is the time to defend the freedoms that America's Founding Fathers established? If so, on page four are five lessons we can all apply to focus on what we need to do to stay the course. These lessons are from an email from Jim, who I learned online marketing from 10+ years ago, and still on his email list.

Keystone Federated Republican Women

P. O. Box 45, Monticello, FL 32345

Website: KFRWFL.org – Facebook: KFRWFlorida

KFRW Executive Committee Officers

President – Lynn Stafford – 850-491-8755

VP Membership – Karen Knox – 850-251-0158

VP Programs/Fundraising – Joy Frisby – 850-590-5359

Treasurer – Judi Cleckner – 850-997-5659

Secretary – Annaliese Mincy – 850-519-4818

Florida Federation of Republican Women (FFRW)

President – Deb Tamargo 1st VP – Maricel Cobitz

Secretary – Meg Merritt 2nd VP – Diane Van Parys

Treasurer – Angelia Boynton 3rd VP – Yvette Benarroch

Member-at-Large: Roberta Ulrich, Esther Byrd, Lisa Johnson

Districts Executive – Joanne Cooper

District 2 Representative – Dotty McPherson – 850-591-4988

National Federation of Republican Women (NFRW)

Our **November 22** meeting (**4th Monday this month**) speaker will be our own **Julie Dybendahl** to share her immigration story. Come hear her passion, concerns, and warning to Americans! She's from Australia and thankful she's in the USA.

Lynn

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Membership Update

Welcome **David Miner**, new Associate!! For new members joining now, November and December, dues paid are for the remainder of 2021 and through 2022. *Let's go into the new year with NEW members!*

"Each One Bring One and Watch Us Grow in 2021"

KFRW Christmas Party: Monday, Dec. 6, 6 pm at Tricquet's home, pot luck dinner. Wear Christmas attire & bring a guest!

Membership Renewals for 2022: Due by December 31, 2021. Can renew at the Nov. 22 meeting, the Christmas Party, or mail a check to KFRW, PO Box 45, 32345. Annual dues remain the same: Primary \$50 and Associates \$25.

Current membership is 50 primary and 20 associate members, total 70.

Membership Challenge for 2021: We can double if every member invited just ONE. *We the People, be involved! Share and invite!*

GROWTH = MEMBERS = STRENGTH = VOTES = REPUBLICAN MAJORITIES

KFRW Merchandise for S~A~L~E

Do your Holiday Shopping with KFRW! We have a few **new** items ([Trump bear and shot glass](#)), Magnets ([Back the Blue; We the People...](#)), [DeSantis Cap Keep Florida Free in navy](#); [Trump Won bumper sticker](#), and flags ([2nd Amendment; Don't Tread on Me in yellow; Tyranny...George Washington quote; & God, Guns, Guts Made America](#)). Pictures of all **patriotic merchandise** now available to purchase and sell (\$2 to \$20) can be seen on the [KFRW Website](#) by categories: [Cowboy & fedora hats](#), [bling & baseball caps](#), [visors](#), [reading glasses \(1.0-3.5\)](#), [fanny packs](#), [umbrellas](#), [flags](#), [magnets](#), [bumper stickers](#), [ties & tie bar](#), [buttons](#), [bracelets](#), [brooches](#), [earrings](#), [lapel pins](#), [scarf holders](#), [watches](#), and [tile & paracord bracelets](#). Contact Lynn S. if you have questions or to obtain items. ■

KFRW Committee Updates

All Committee Chairs: *Please e-mail monthly updates to Lynn S. by Sunday, prior to monthly meeting, so updates can be shared with all club members via email, newsletter, etc. Thank you!*

For more info on committees and purpose of each, refer to each on the KFRW [website](#).

Executive Committee Planning Retreat will be Sunday, December 12, 1:30-6 pm, at 295 Hickory St. KFRW Officers and all Committee Chairs please plan to attend.

Community Outreach – [Fleet Reserve Association](#) (a non-profit for veterans), is sponsoring their [annual civic themed essay contest](#) for grades 7-12 (or home schoolers in similar age groups). The essay this year is "Why I am proud to be an American". **Gretchen Wallace** has her civic students participating in this essay contest as an assignment, with the opportunity to win cash prizes at the branch, regional, and national level!! We wish them the best!!

Election Integrity – Canvassing in counties in FL are revealing phantom voters and a number of voter irregularities from the 2020 election.

Events & Fundraising – Veterans' Parade Thursday, Nov. 11, starts at 11 am. KFRW will **not** walk in the parade this year, we only had a few sign up to participate. *Hope you will plan to go watch and show support for our veterans.* **Fireworks+** at the HS Stadium begins at 5 pm.

KFRW's 2nd Biennial American Valor Dinner, see page 3, for updated details and deadlines.

Media – If you take photos at events, *please forward via text or e-mail to Lynn Stafford ASAP.* ☺

The expectation is all members will help at club events, as available, when called upon by the committees.

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While writing for the Pennsylvania Assembly in 1755, Benjamin Franklin said, "Those who would give up essential Liberty, to purchase a little temporary Safety, deserve neither Liberty nor Safety."

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Monthly Themed Raffle Baskets



The Thanksgiving themed **“Blessed and Thankful”** raffle basket, by **Crystal Putnam** and **Dotty McPherson**, won by **Julie Dybendahl**, raised \$116. Awesome basket of items!

Raffle Tickets: \$3 or 4 for \$10. Bring **\$\$\$** or check to the meeting or buy tickets prior. **Time for Change** jar is available for your loose change!

Suggested items for baskets are to provide ideas, yet optional. If you have items to contribute for a basket, *please bring to a meeting. Thanks!* © Have ideas for 2022 basket themes??

November - “It’s Almost Christmas” Catherine McNeill

Christmas Themed Basket



KFRW 2nd Biennial American Valor Dinner

Individual tickets, \$60 each. **Final call for tickets.** If you have not already purchased your ticket(s), **please let Lynn by Thursday, Nov. 4.** Thank you!

Thank You to Our Sponsors, 24 in all:

- ★ Kirk Reams | Dean & Andie Jerger, Fireside Robert, Inc., and Rep. Jason Shoaf | Malloy’s Nursery, Angela Gray, Sheriff Mac McNeill, Sons of the Confederate Veterans, and Conference Quest
- ★ **Hometown Hero** (Sponsor a Veteran) = 16

Silent Auction: We have some great items and gift certificates ranging from \$20 to \$200 in value.

Event Set Up and Clean Up: Please let Lynn know if you can help set up and decorate on Thursday, Nov. 11, 1-4 pm and/or Friday, Nov. 12, 10-Noon – OR - can help take down & clean up on Saturday, 10-12:30?



November Members’ Birthdays

Happy Birthday to each of you!

- 11/2 Gretchen Wallace
- 11/3 Shannon James
- 11/17 Trish Hallmark
- 11/29 Tracy Boyce



Calendar of Events



Daylight Saving Time Ends

Sunday, November 7 (Fall Back)



JC School Board Meeting

Monday, November 8, 6 pm
1490 W. Washington St



KFRW Exec. Comm. Meeting

Wednesday, November 10, 5:30 pm
Lynn Stafford’s Home, 295 Hickory St



Veterans Day

Thursday, November 11

American Legion Post #49

Breakfast 8-10 am ~ **Parade** 11 am

Fireworks 5 pm, J.C.H.S. Stadium



KFRW 2nd Biennial American Valor Dinner & Silent Auction

Friday, Nov. 12, 6-8:30 pm
Monticello Church of the Nazarene



KFRW Member Meeting

Monday, Nov. 22, 7 pm (Door open 6:30)
New Member Information at 6:40 pm
American Legion Post 49 - 1065 S Water St

Speaker: Julie Dybendahl



Thanksgiving Day

Thursday, November 25

~ Give Thanks ~



~ 5 Lessons Learned On The 26.2 Mile “Tough Ruck” ~

Five lessons I learned from a recent 26.2-mile marathon I did while wearing 35 pounds on my back (yep, 35 pounds of iron strapped on my back in a backpack). But before we get into that, the first thing you might ask yourself is “*Why in the world would anybody want to do a complete marathon wearing 35 plus pounds on their back?*” I can tell you right now, I asked myself that very same question every 15 minutes from mile 10 to mile 26. Because if you don't have a really good reason for why you're doing something, it makes it really easy to quit when the going gets tough.

Lesson #1: Have A Strong Why

So, **the first thing I learned** from doing a marathon with 35+ pounds on my back **was you better have a darn good reason why**. That goes for anything you're doing in life or business, have a strong reason why. Because if you do have a great why that gives you the staying power, the sticking power to actually follow it through. Your why can be something as simple as your pride that keeps you in the game. Or, you might be doing it for your family or some other important reason. The key is a really strong reason why.

Lesson #2: Do It With A Friend

The second thing I learned is if you're going to do something hard, do it with a friend. Because if you are doing it with someone who is important to you and you enjoy being around, then it will give you strength, confidence, and the stick-to-itiveness to hang in there. What makes the suffering great is that when your buddy's having problems, you can be there for them. And if you're having a problem, your buddy can be there for you.

Lesson #3: Make a Public Commitment

The third thing I learned is if you want to make sure you actually follow through on something hard make a public commitment. I told all of my Facebook friends I was getting ready to do a marathon, which meant there was no way I could back out. As the event got closer and closer, I got more and more apprehensive about how hard the marathon was going to be. *What did I do?* I put up posts on Facebook. I shared pictures of everything from the finish line to the little table we set up with our snacks to make it look like a real event (even though it was just two of us doing it). If you make yourself publicly responsible and accountable for your results, that will help you to follow through.

Lesson #4: Laugh Even Though It Sucks

The fourth thing I learned is when something gets hard try to find the humor or the fun in it. When it's difficult, but you're laughing, you won't be thinking about quitting. Find the humor or do something to make yourself feel better. Concentrate on something fun, even for just a few minutes, and you'll give yourself a different perspective that will help you to hold on and keep fighting.

Lesson #5: Focus On How Good It'll Feel When It's Over

The fifth thing I learned about doing something really, really hard is it feels great when it's over. Now that might sound simple, but it's absolutely true. When we were getting down to the last three miles of the marathon ruck, and the sky literally opened up on us, and the roads literally started flooding (no exaggeration), I started to focus on the nice hot shower I was going to take when it was over. I focused on how good that warm water was gonna feel on my sore muscles and how amazing it would feel on my whole body and my aching back. I even felt grateful for the fact that we have a tankless hot water heater so I knew I could take as long of a hot shower as I wanted! *And you know what?* That hot shower felt better than any shower I can ever remember taking in my entire life.

So those are the five things I learned from doing that [Tough Ruck](#) marathon with the equivalent of an overweight first grader on my back the entire way. **Bottom Line:** **Go do something hard and get through it... because you'll be a better person for it on the other side.** ~~ Jim Edwards

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